

Avocado Black Bean Enchiladas

Recipe courtesy of North Texas Food Bank

Ingredients:

- 2 large avocados, diced
- 1 (15 ounces) can no salt added black beans, drained and rinsed
- 1 1/2 cups reduced-fat shredded cheddar cheese, divided
- 1 large red bell pepper, diced
- 1 medium jalapeño, finely diced
- 1/2 teaspoon cumin
- 1/2 teaspoon chipotle pepper powder
- 1 (10 ounces) can red enchiladas sauce
- 10 corn tortillas
- 1 cup nonfat plain Greek yogurt
- 1/2 cup fresh cilantro, chopped

Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, combine avocados, black beans, 3/4 cup of cheese, bell pepper, jalapeno, cumin, and chipotle powder. Toss to combine.
3. In a large casserole dish, pour half of the enchilada sauce on the bottom and set aside.
4. Spoon avocado mixture into the center of a tortilla. Roll up and place seam side down in the baking dish. Repeat for all tortillas.
5. Cover rolled tortillas with remaining enchilada sauce and cheese. Reserve any leftover avocado mixture for a garnish.
6. Bake 20 minutes or until cheese is melted and sauce is bubbling.
7. To serve, top with yogurt, cilantro, and leftover avocado mixture.